



DEPARTMENT OF THE ARMY
UNITED STATES ARMY FIELD STATION AUGSBURG
APO NEW YORK 09458

REPLY TO
ATTENTION OF:

26 October 1983

LTC Brian Buzby
Chief, SSPD
Security Support Detachment
USAINSCOM, 902nd MIGp
Ft. George G. Meade, Maryland

*recd
2 Nov*

Sir,

General Stubblebine instructed each of us at the school to write a report on the uses of the HEMISYNC process, and its uses at our work site. I don't know whether this or any similar process is used in your work, but thought you might like a complementary copy.

Also, I would like to request some information, if possible. I have hooked my Atari up to work as a biofeedback machine, and have programmed it to display a graph of the input on the top of the screen. On the bottom of the screen is a field of color which changes according to changes in the input. The program also produces following tones, and output to the printer, for hard-copy documentation, if desired.

This, however, is just for basic training in the step I would like to take. I hope to replace myself in the circuit with a simple resistor. Then, using the same PK procedures as used for bending spoons, learn to affect its resistance. After this has been learned, I hope to learn to affect the components INSIDE the machine, itself. Any success, however slight, will show up as immediate feedback. Once some accuracy is gained over control of the currents within the machine, control will be gained over the information stored or being processed there. From there, the possibilities are unlimited.

This project is the result of a discussion I had with General Stubblebine, when he suggested that this would be a productive area.

So far, I am having pretty good success. However, I find that I am beginning to need information. If there is any material which anyone there could send me about the PK process, its affect on the electrical properties within objects, etc., I would certainly appreciate it. Rather than reinvent every step along the way, I would gladly listen to the guidance of others.

Thank you very much.

Sincerely,

Leonard E. Buchanan

incl: as

LEONARD E. BUCHANAN
SFC, USA
OSSB, USAFSA

*Scientifically - this looks no water
since apparent determination of signal can
be affected due to use of water on line. Makes me guess known.*

U N C L A S S I F I E D

PROPOSED USES FOR THE
HEMISYNC PROCESS
AT FIELD STATION AUGSBURG

1. **Authority:** This study was undertaken IAW verbal direction of Commander, INSCOM, MG A.N. Stubblebine, during attendance at the R.A.P.T. course for stress management.
2. **Purpose:** The purpose of this paper is to investigate the possibilities for the creative use of the hemisync process in providing a better and more productive working and living environment for FSA personnel. Accompanying each suggested use is a brief discussion of the advantages and disadvantages foreseen. Also included are alternate suggestions, when appropriate.
3. **Definition:** In short, the hemisync process produces desired brain waves within the user's brain. A person who needs to concentrate can quickly and easily place his/her mind into a deep state of concentration. Other states such as rest, sleep, intensive learning, etc. can be quickly and easily synthesized for the individual's particular needs. For a more complete explanation of the process, see Appendices A and B of this paper.
4. **Security considerations:** This paper contains only those suggestions and/or information which is not of a classified nature. It is therefore limited in scope, but is meant only to give an overview of the possibilities for use of the hemisync process.
5. **Sources:** Both preliminary and detailed investigation involved extensive discussions with supervisory and subordinate personnel in all sections of the Field Station, and at all levels of supervision.
6. **History:** A history of the Hemisync process and its relationship to FSA is included as Appendix B of this paper.
7. **Organization:** Although benefits from mission-oriented use and personal use closely affect one another, analysis performed after all detailed investigation showed that the material used for this paper falls into 3 main categories:
 - a. **Mission-oriented uses.** (page 2) These uses are toward the betterment of the mission in areas of training, study, and actual work practices.
 - b. **Personal uses.** (page 5) These uses are not only oriented toward making the individual a better soldier, but also toward helping him/her solve personal, relational and marital problems, to manage stress and bring about personal improvement.
 - c. **Implementation.** (page 7) Methods are discussed concerning the actual physical, financial, time, and other constraints placed on the implementation of this program.

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SKILL QUALIFICATION TRAINING!

I. MISSION-ORIENTED USES FOR THE HEMISYNC PROCESS AT FIELD STATION AUGSBURG

1. **Language skills:** This usage has already been addressed by INSCOM, and tapes are being generated for future use. For a discussion of implementation, see Section III, below.

2. **SQT training:** Study for the SQT requires quite a bit of memorizing. The concentration tapes used in the study area, either alone (for reading), or with study material impressed over them would help the individual retain a greater percentage of the material.

3. **Daily work:** Both administrative and mission managers have an overwhelming amount of material which must be read, understood thoroughly, and analyzed. The concentration tapes should be made available to these managers. The tapes should be **continuous-loop** (see part III, implementation), and free of material impressed over the signal.

4. **Operational effectiveness:** Tapes should be made which would allow the user, in his/her own job to have reinforcement in the area of work or study which the person feels themselves to need help. General tapes could be made for such things as **wakefulness, enthusiasm, retention of facts,** etc. It should also be possible for the individual who feels the need for reinforcement in other areas to **request tapes for that area to be bought or made**

Probably not good idea (disturbs cycles)

5. **Classroom material:** There are many classes which could be recorded and then offered to individuals who require the training at convenient times. These tapes should have signals impressed on them which would enhance the individual's concentration, retention, and recall.

6. **Inter-personal relationships:** Study of the Meyers-Briggs test results by Chaplain Sullivan has shown that personality types of FSA personnel, within an MOS, and even within a section, tend to be more varied than with other military locations. One of the problems caused by this is the difficulty of communication between individuals who work together. Chaplain Sullivan feels that in this respect, personality clashes and inter-personal work problems could be handled better by a form of **mini-group counseling, with use of the hemisync signals to reduce conflict among the members.**

MAX!

7. **Intra-personal relationships:** When marital, financial, or other personal problems develop, work problems are magnified or created. This, in turn, makes the overall situation worse for the individual, and he/she often takes work problems out on those at home. The downward spiral is often destructive to the individual, and is always destructive to the productivity in the work area. At such a time, **the person counseling that individual must first reconstruct his/her faith in and appreciation of their own worth.** The hemisync tapes are an invaluable tool toward that goal.

8. **Stress management:** Stress management is one of the key interests to the Army today, and has proven to be of great importance to meeting the demands made by the modern-day environment. The training of the individual soldier to manage the stress of work and daily living can be greatly improved by proper and intelligent use of the hemisync process.

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page 2

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9. Tower personnel: One of the aspects of assignment to FSA for the J35 MOS is the possibility of being assigned to one of the remote site facilities. Such an assignment entails living and working without the normal "home comforts" which the larger American military communities afford. For some of the personnel, this means feelings of estrangement, loneliness, homesickness, etc. For a discussion of uses in this situation, see Part III, Implementation.

10. Chaplaincy duties: MAJ. Sullivan, Field Station Chaplain has also attended the Monroe Institute, and is well acquainted with the use of the hemisync process. In discussions with him, I learned of several possible uses he has envisioned. Some of these which are not included in the rest of this paper are:

a. Counseling: Use with counseling will include a full explanation of the hemisync signal, that it will be used for relaxation and help in emotion control and concentration. It will also be used only with the permission of the person being counseled.

b. Hypnosis: During those times when hypnosis is used (again for relaxation and concentration, and with the approval of the person being counseled), the hemisync process can be incorporated with heightened effectiveness. The need for qualified personnel, and all legal and medical aspects such treatment must gain careful consideration, and must be closely controlled and documented. (See Part III, Implementation)

c. Group counseling: The use of tuning in to the hemisync tones as a group activity can aid the individual's use of the process, and can "break the silence", as a means of molding the group into a unified whole before beginning other work.

d. Marital counseling: In overseas communities, the spouse is often the one who suffers most. Her husband's work cannot be discussed with her, or become a part of her experience. The community in which she lives either consists of people who don't speak her language, or of other Americans who often spend their time and hers complaining about conditions. Stairwell living in a foreign country is especially trying. It has ruined many an otherwise happy and well-adjusted marriage. Her husband's shift or "trick" work can often be the end of their happiness together. Emotionally, this is often the most trying time their marriage will ever have to face. Marital counseling is a large part of the duty time of the Chaplain. The use of the hemisync tapes for emotional control and for producing a quiet, controlled counseling environment has great potential.

11. Smoking: Although it might at first seem that this is a personal use for hemisync, it is not. Electronic maintenance and repair personnel at FSA with whom I spoke gave estimates that the longevity of the electronic equipment at FSA is shortened by from 5 to 30%, due to cigarette smoke, alone. It is a proven fact that smoking around sensitive electronic equipment can drastically increase repair requirements. The problem exists, however, because of the detrimental affect on mission that a ban on smoking would produce. It is felt that the personnel sitting at this equipment for long hours on and must be allowed to smoke, in order to perform the jobs well. Hemisync tapes, used for helping personnel to quit smoking would not only produce a healthier soldier for the Army, but, in the specific case of FSA, would also save the Army many thousands of dollars in equipment purchase and repair costs over a period of years.

12. Weight Control: The work situation at FSA is more sedentary than most work sites in the Army. PT once or twice a week cannot adequately make up for the many long hours of sitting at a rack, or

Max Sullivan
appears to be selling
hemisync here. Bob.
Watch out for
"control"
Problem.

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before a typewriter. Hemisync tapes can be used to help personnel in their own personal weight control programs. The importance of this use is heightened by the Army's insistence that any overweight soldier will not be allowed to stay in. Many of these soldiers are extremely good at their jobs, but are not in control of their own personal ability to exercise and stay slim. The proper, trained use of specially designed hemisync tapes for this purpose could keep many a good soldier in the service.

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page 4

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II. PERSONAL USES FOR THE HEMISYNC PROCESS AT FIELD STATION AUGSBURG

1. Many of the mission-oriented uses have already touched on the personal uses for hemisync tapes, simply because the personal and professional qualities of a soldier are so closely interwoven. There are, however, other aspects of usage for the tapes which should be considered from the standpoint of being strictly a personal "bennie" for the individual.

2. Some of these uses will require the purchase of specially made tapes, or of the standard tapes produced by the Monroe Institute. This consideration is noted in the discussion of each.

3. Personal uses for the hemisync tapes include, but are not limited to:

a. **Control of smoking:** This aspect was mentioned in Part I, and will not be rediscussed here. This personal benefit would cost the Army nothing extra.

b. **Weight control:** This was also mentioned in Part I, and would not be an added cost.

c. **Restful sleep:** The work at FSA is sedentary. The individual often arrives at bedtime with too much energy to sleep, and is robbed of the rest which is needed. The hemisync sleep tapes would be a tremendous help in this area. This would be an extra cost. Practical use of these tapes is covered in Part III.

d. **Education:** The use of concentration tapes at work should be extended to the individual for home use. Many of the soldiers give up on attaining an education while in service because of the distractions of barracks or family life. Home use of the tapes would add no extra cost to the government, and would benefit the individual greatly. Practical use of these tapes is covered in Part III.

e. **Self-esteem:** Improvement in a person's work and home situations brings about a natural increase in self-esteem. The soldier who becomes proud of what he/she is will want to remain a soldier. This benefit is not only to the individual, but to the Army, as well.

f. **Spiritual quality:** Although this benefit is not an automatic one, the fact remains that a person who becomes happier with themselves and their work will become happier with life. This leads to reductions in the rates of alcoholism, drugs, crime, willful destruction of property, etc. This is not to say that the use of hemisync tapes will guarantee a drop in the crime rate, or will dry up an alcoholic soldier who would otherwise be lost to the Army. But if an opportunity exists to reduce instances of these in whatever small way, it should certainly be considered.

g. **Pure enjoyment:** Many of the hemisync tapes are simply relaxing, and nice to listen to. Examples of this are the tapes of **meta-music**. Copies of these tapes should be available for listening **but not for copy**. Placing these in a tape library would cost the Army a slight bit more, and would let the individual know what to send for, should he/she want to order their own.

VERY IMPORTANT
Watch out for
Proprietary Control "Problem here."

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h. Self-improvement: Such tapes as the free-flow tapes would give the individual who had been trained in the use of the hemisync process an open-ended means of self-improvement in any field. This feature has already been addressed by the Monroe Institute with the hemisync "Improve your golf" and "Improve your Tennis" tapes. Again, the cost to the government to include these tapes in a library would be of very minor cost, and would allow the individual to know what he/she would like to order for their own use.

i. Personal stress-management: It is usually true that stress management does not begin by supervisory personnel until the problems are beginning to get out of hand. The individual knows long before this that he/she "has had it". Personal stress management is one of the first things the individual has tried, but has usually found no way to cope with the stress. Serenity, relaxation, and other stress management tapes included in a library would allow the individual a method of controlling his/her stressful feelings. It is both the individual and the Army who would benefit from these tapes, at no extra cost, since they would also be used for mission-oriented uses.

IMPORTANT → j. Marital problem solving: Although this topic was included in Part I, under counseling, it should also be stressed that the family which is having marital difficulties is usually looking for "something...anything to do about it". Personal use of the hemisync signals for emotion control would give the individuals involved that "something" that they could do to begin getting control over their situation. Since the tapes for this purpose would already be used by the Chaplain, home or private use would cost nothing more to the Army.

THIS PRESUMES AN AWFUL LOT
ON THE OPEN MINDEDNESS OF
BOTH HUSBAND & WIFE (COULD BE
MORE DAMAGE THAN GOOD DONE
HERE AS A RESULT OF INCOMPLETE
OR UNTRAINED COUNSELING)

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HEMISYNC PROCESS AT FIELD STATION AUGSBURG

1. The hemisync process, as any other process used by the U.S. Army, must be capable of being a small part of a coherent whole. The mission of FSA comes above all other considerations. There are other projects which make their own requirements of time, finances, personnel, personal efforts, etc. If the hemisync process cannot be coordinated into these other requirements, it cannot be used, since the other projects cannot give way to it.

2. A major part of the detailed investigation for this paper was to find whether or not implementation of this project could be coherent with the facilities, time, and other requirements and constraints posed to its incorporation.

3. The following major categories of considerations proved most important:

a. Time: The physical location of Gablingen Kaserne exerts a great influence on the time constraints involved in all training at FSA. There is a set schedule for "shift" or "trick" bus transportation. Anyone who depends on these busses and misses them is stranded for up to 8 hours, or until some other means of transportation can be found. Because of this difficulty, training at FSA is traditionally held during "on-duty" time, if possible. Other options are training at the Battalion facilities +/- two hours before or after the work time.

Since FSA has an active mission, training during "on-duty" hours often causes loss in mission effectiveness. Training during "off-duty" time often causes loss in training effectiveness.

Since hemisync training is most effective when done frequently, large amounts of training time are required. Since the tapes tend to be long, the situation is made worse. The following suggestions are applicable here:

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1) Special tapes should be made which require less time. A length of 15 minutes would be most ideal.

WOULD NOT
CONDENSED TO
THIS BOB.

2) Such tapes as "CONCENTRATION" should be made in continuous loop form. In this way, the user could use the tape for the time needed, stop the machine, and would never need to rewind or set things up for its use.

3) Those tapes which require deeper states of relaxation should be checked out to the trainees for home use. This adds the further problem of strict control over the tapes (see below), but solves the time and physical problems very well.

b. Personnel: At a minimum, there must be one person who has a working familiarity with the hemisync process to train others in its use. This requirement is presently met by Chaplain Sullivan and SFC Buchanan. However, training techniques and instructions on usage need to be written down in clear and concise form to be passed on from manager to manager, as time progresses.

1) Ideally, the manager of any program dealing with hemisync tapes should be a member of Plans and

THIS PROBABLY SHOULD BE DONE - BUT BY M.I.A.S.
WE SHOULD DISCUSS THIS BOB.

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page 7

DISAGREE STRONGLY WITH STATEMENT HERE

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Training, or of Operational Effectiveness.

2) Use of tapes for the Chaplain should be under direct control of the Chaplain.

c. **Physical:** Physical requirements fall into two categories:

1) **Equipment:** The equipment needed is stereo playback equipment and the hemisync tapes. The quantities of each are not predictable at this time.

2) **Space:** Any training requires space. Hemisync training, however, requires a quiet place, out of the stream of normal activity and interruptions. Since this training can be accomplished individually during lunch, break, or off-duty time, it is logical to have a room dedicated for this purpose. This is very hard to implement at FSA, as building space is already severely limited. As far as could be discerned during the detailed investigation, there could be easy access to space for group classes in hemisync training, but a dedicated room is presently out of the question. This fact greatly influences the type and amount of hemisync use at FSA.

3) **Storage:** Having a library of tapes for use in training means accessible storage requirements. There are several places which would accommodate such storage, give protection and security, and still accessibility. This does not seem to be a major consideration at this time.

d. **Care:** The person in charge of maintaining control over the tapes and recorders must have the training and time to see to the following requirements:

1) Checking tapes in and out, and maintaining records on them.

2) Maintaining tapes and recorders, and taking proper actions to have them replaced / repaired as quickly as possible, when necessary.

3) Ordering new tapes for new purposes, and keeping the appropriate records on such orders.

4) Maintaining documentation on tapes and their uses (see below).

e. **Financial:** The above considerations will all translate sooner or later into man-hours or dollars spent. A financial projection for a beginning program should become a part of the budget, as soon as possible.

INTERESTING !!!

f. **Documentation:** The only way to know whether or not the process is effective, and to allow experience to make it become more effective is to be able to show documentation of conditions influenced by the process. For the hemisync process, this means that an improvement in selected conditions at FSA should be documentable and provable. To this end the following suggestions are made:

1) The process should be brought in with one or two specific target areas in mind. A study of certain target aspects within these areas should be made before and after the implementation. Experience gained from this documentation would then be useful to plan for other target areas.

2) Goals should be stated at the beginning of each project, and an investigation of whether or not

U N C L A S S I F I E D

those goals were met at the end. If goals were not met, reasons should be determined for future improvement.

3) A summary of each project should be forwarded to INSCOM for use by other units who plan related projects.

4) Project results should be kept in a historical file at FSA for use in planning future projects.

4. The following specific considerations must also be mentioned:

a. Record keeping for such tapes as language skills can also be used for keeping a roster of training credits.

b. Tapes which are specially made, such as possible concentration tapes with the training material impressed over them must be carefully considered for classification. Security provisions and records must be kept on such tapes.

c. Tapes should be provided to remote site personnel, as needed.

d. Check-out of tapes, such as sleep or weight control tapes should not be "pirated". Users should be warned that these are copyrighted tapes, and their duplication is illegal.

e. Permission should be gained from the Monroe Institute to allow us to make continuous loop concentration tapes, if the cost of creating them would be prohibitive to the Institute.

f. Access to tapes should be available to workers on all shifts, not just straight-day workers, only.

g. Tapes for home use will have to be kept either in the Battalion areas, or with the Chaplain, since a tape which has been played inside the SCIF is considered no longer Tempest approved, and cannot be allowed to leave the building.

DO NOT RELINGUISH
THIS TO ANYONE BOB!

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APPENDIX A
DEFINITIONS

1. The majority of the following material was taken directly from information supplied by the Monroe Institute of Applied Sciences. All rights to this material are reserved by the Monroe Institute. No attempt has been made here to illegally usurp those rights. Permission to use this material has been sent for, but has not been received at the time of this writing. ← SAME RULES AS WITH PROFESSIONAL MEMBERSHIP.
2. Only those selected passages of the manual which pertain to the definitions useful to this paper are reprinted here. Paraphrasing has been used for brevity, and has been placed within parentheses.

Science has long known that your brain is divided into two halves, or hemispheres. But only in recent years has it been discovered that these two halves are entirely different in the thoughts and functions they perform. Moreover, most of the time we think only with our "left brain". When we use our "right brain", it is primarily to support the thought and action of the left. Otherwise, we do our best to ignore it.

We use the left brain primarily to talk and read, to do mathematics, to reason deductively, to remember detail, to measure time, among many other facets - the source of logical, rational thought. It "knows" nothing else.

Our "right brain" is the originator of ideas, spatial sense, intuition, music, emotion, and probably much more than we now realize. It is timeless, apparently with a language all its own.

Virtually everything we consider valuable is operated or controlled by our dominant left brain. Even if it originated in the right brain, such as an idea or music, the left brain takes over and puts it into use. We have generally regarded (those with dominant "right brained" thinking) with amused tolerance, suspicion, distrust, irritation, distrust - and awe.

How do we then go about using more of our brain power? Modern science has come up with a method and technique that offers much promise and potential. It can be utilized with relative ease, does not require years of intensive training, and is not limited to a narrow band of application. It is called HEMISYNC, which is short for hemispheric synchronization.

Developed by the Monroe Institute of Applied Sciences, the process uses pulses of sound to help create simultaneously an identical wave form in both brain hemispheres. Originally, the Institute was granted a patent in 1975 based upon the use of such sound pulses to induce a frequency following response (FFR) in the human brain. This simply means that when your ear hears a certain type of sound signal, it tends to respond or "resonate" with similar electrical signals in the brain. Knowing that various electrical brain waves are indicators of states of consciousness (such as awake or asleep), you thus can listen to a similar sound pattern and it will help you be in the desired state of awareness.

Hemisync takes the process an important additional step. Each ear sends its dominant nerve signal to the opposite brain hemisphere. By sending separate sound pulses to each ear (using headphones to isolate one ear from the other), the halves of the brain must act in unison to "hear" a third signal, which is the

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difference between the two signals. For example, if you hear a sound measuring 100 (cycles per second) in one ear, and another of 125 in the other, the signal your whole brain will "generate" will be at 25 (cycles per second). It is never an actual sound, but is an electrical signal created (inside the brain) by both hemispheres acting and working together.

If the 25 cps is one that produces a certain type of consciousness (for example, sleep), then both hemispheres are focused in an identical state of awareness at the same time.

Most important, the condition can be changed at will by changing the sound pattern (in order to facilitate various states of consciousness). (These states of awareness) can also be learned, and recreated from memory (without use of the sounds) when the need arises.

The hemisync process has already been tested and put in use in many ways: for better sleep, stress-tension reduction, control of pain, accelerated learning, study and concentration, rapid psychotherapy, enhanced creativity, problem solving, even for playing a better game of golf.

KEY TO NOT NEEDING A CONTINUOUS LOOP
CONCENTRATION TAPE.

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page 11

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APPENDIX B
HISTORY

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2. Only those selected passages of the manual which pertain to the definitions useful to this paper are reprinted here. Paraphrasing has been used for brevity, and has been placed within parentheses.

In 1974, in Whistlefield Research Laboratories, research studies were being conducted on the effect of environment on human consciousness. The Esalen organization at Big Sur, California, famous as the birth-place of many new trends in psychology and philosophy, heard of their work and invited them to conduct a week-end workshop at their facility. As a result, there were many requests to repeat the process elsewhere.

Originally called the M-5000 Program, sessions were held on weekends at various sites throughout the United States and Canada. Several thousand individuals from all walks of life participated in this constantly evolving series of training exercises. The process was re-named to the Gateway Program.

The Monroe Institute of Applied Sciences, located at Nellys Ford, Virginia is the present site of development of the procedures used in the Gateway Program.

The Institute had its beginning in the Research and Development Division of Monroe Industries, Inc., which at the time (1958) was investigating methods and techniques of accelerated learning through practical environmental changes. As a result of certain findings, the decision was made to broaden the base of such investigations and to alter the purpose of any such research effort. In 1971, the Institute was created to conform with and expand this different approach.

Early studies of consciousness and the decay thereof into sleep brought a major tool into use by the Institute. It was discovered that phased sine waves, when blended to create "beat" frequencies within the ranges of electrical brain waves will create a Frequency Following Response (FFR) within the listener's brain. This in turn evokes physiological and mental states in direct relationship to the original stimulus.

With this new tool, it became possible to develop and hold the subject into any of the various stages of sleep, from light alpha relaxation through theta into delta and into REM (dreaming).

The Monroe method and techniques were found to be able to "program" sleep cycles throughout the night of sleep, if so desired. Variations could bring adjustment of the duration of each stage of sleep during the cycle, according to the needs and desires of the individual. The waking-from-sleep moment was enhanced greatly over the traditional alarm clock, which had no cognizance of the stage of sleep it was invading. By programming the brain's FFR up into REM sleep for the few minutes before wake-up time, then inserting a beta signal, the sleeper was roused gently yet firmly, without startling shock or dull sleep "hangover".

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Further research has developed other uses for the FFR technique. The Monroe Institute has discovered signals conducive to learning, concentrating, memory retention, recall, and other forms of human behavior. These signals are available on regular cassette tapes, and can be used by the person who wishes to better his/her performance in any area of behaviour.

At the request of the Commanding General of INSCOM, MG A.N. Stubblebine, two members of Field Station Augsburg attended the Monroe Institute from 25 August 1983 to September 2, 1983. These two members were SSG Dawn Lance, Greece Detachment, and SFC Leonard E. Buchanan, OSSB, USAFS, Augsburg. MG Stubblebine was also in attendance at the training. During that training, General Stubblebine directed SSG Lance and SFC Buchanan to draw up papers which would outline the possible uses for the hemisync process at FSA. This paper is a result of that request.

U N C L A S S I F I E D

page 13